

75th Division (Exercise)

The Bulletin



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Total Army Integration

One Team

One Fight

One Future....

Describes our concept for achieving Total Army Integration, maximizing the contributions of the US Army National Guard, the US Army Reserve and the Active Army.

"The Army's mission is too great to be achieved by any one component. It takes the combined effort and sacrifice of the Total Army team to perform such extraordinary service."

Dennis J. Reimer
General, United States
Army Chief of Staff

75th Division Wins 5th Army Triple Crown



Left to right: SSG Juan R. Cedra, SPC Christopher King and SSG Jerome B. Young.

LAS VEGAS - Three soldiers from the 75th Division took top honors recently in Fifth Army soldier of the year competition. Third Brigades' Specialist Christopher King was recently awarded Fifth Army soldier of the year. King was named top soldier after previously winning at battalion brigade, and division levels.

Specialist King, a freshman at Texas Christian University, won the top award out of 12 finalists. King won a \$1000 dollar savings bond, fifty dollars cash, 5A Commander and CSM coins, Army Commendation medal, and several certificates from USARC and 5A Command Sergeant Majors.

"I joined the Army right after High School because it was the right thing to do," said King, "and I wanted to use the educational benefits to go to medical school." King joined the 75th after spending three years on active duty working Force 21 testing Battalion.

SSG Juan Raymond Cedra, a member of 3rd Battalion, 290th won the 5A Opposition Forces NCO of the year. Cedra, a thirteen year veteran of both the active and reserve components of the Army, is married and the father of two children. He and his family reside in Stillwater, OK.

In addition, SSG Jerome B. Young, a member of 2nd Battalion, 479th TSB, based at Ft. Riley, KS won the Active component NCO of the year award. He is married and the father of one daughter. Young plans to continue training National Guard soldiers.

1st Brigade Commander Bids Farewell

By SSG Brian Calderon

Brigadier General Perry V. Dalby recently bid farewell to the many soldiers he has led and served as the Commnader of the 1st Brigade (BCST), 75th Division (Exercise). He relinquished the office in April after his four-year tenure as commander had expired.

Dalby joined the 75th Maneuver Area Command (MAC) in 1983. He compiled sixteen years of memories with the 75th MAC and the 75th Division (E). His numerous assignments included Command and Operation Controller, Aviation Controller, Command Controller, Director for the Battle Simulation Center, and most recently, the Assistant Deputy Commander of the 75th Division (E).

His distinguished career spans over thirty years of combined active and reserve service. Early in his career, he served as a Gunship Pilot and Platoon Commander for the First Cavalry Division in the Republic of Vietnam.

Upon his return from combat, Dalby got his first experience of the complexities of being a General



Photo by SPC Felipe Barrera

while serving as a General's aide. "Serving as a General's aide gives you the opportunity to see the big picture. You get a clearer understanding of why military decisions are made and their impact on others," he said.

Dalby admits he will miss the camaraderie of the 75th Division (E). "I'll miss serving soldiers. I take a great deal of pride in ensuring that my soldiers are properly trained and motivated," Dalby said. He especially enjoyed going out of town on military exercises and having dinner with other soldiers.

Dalby's main concern for the future of the 75th is retention. "Retention is our number one priority," he said. "Soldiers still serve because they have pride, it's not for the money. If you stay in, retirement is the big pay off."

While his military future is still uncertain, Dalby plans to transfer to the Individual Ready Reserve pending further assignment and possible promotion. As a civilian, he will continue to operate his investment consulting business with his wife, Dr. Barbara Dalby.

Additional Shopping Days For Guard and Reserve

U.S. Army Reserve soldiers and their family members can now enjoy twelve additional commissary shopping visits a year, thanks to the 1999 Defense Authorization Act.

Passed by Congress in October 1998, the new law expands discretionary shopping days from 12 to 24 days annually for all reserve component members who fulfill their annual requirements for reserve duty.

For more information, soldiers can contact their headquarters administrators.

Outstanding Recruiting Efforts Rewarded

By 1st Lt. Wendy Williams, 206th BPAD

Dallas -- Staff Sgt. Timothy Scally, 3/381st Regiment, 3rd Brigade, recently received an Army Achievement Medal for exceptional recruiting performance.

Scally referred 15 applicants to station recruiters, leading to quality enlistment contracts for the Active Army and the Army Reserves.

His intense work ethics, dedication, and meritorious performance were recognized by SFC Ellen Doyle, a recruiter at the Ridgmar Recruiting Station.



Chaplain's Pulpit

By Chaplain Ronald Duncan

The fast pace American culture continues to claim time from every individual. There are several universal principles that have been stated about time. Time is the same for all. Time cannot be held over. Time is our most precious commodity. And I am sure you can also state several universal statements about time. The point of this article is the importance of establishing priorities.

Priorities are what you and I consider to be the most valuable in our lives. Time usually follows priorities. When we have established priorities, then we will allocate time to the doing of those priorities.

How we establish priorities becomes the key to achieving our goals in our life. Therefore, I offer the following suggestions to use as you establish your priorities for life and consequently your utilization of time:

1. Identify what is for the long term important for you. Long term goals for life set the stage for the quality of life we will enjoy.
2. Determine those values that will and are guiding your life choices. Our decisions are generally based on values and needs. Needs fluctuate. Values have a deeper meaning and longer existence with us.
3. Continually evaluate your life. Philosophers through out the ages have urged humanity to "Know thyself." This knowing is critical to the establishing of priorities. What makes you tick? What makes you happy? What makes you sad? What are your thoughts about life issues?

The goal of life from my point of view as a Christian is to love God and my neighbor. Therefore, as i establish priorities and use up time, these items are included in my decision making.

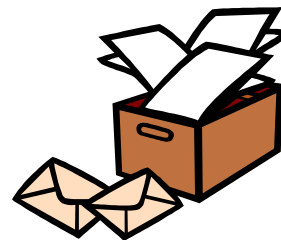
The bottom line is what are our priorities? Are they the ones you want? Is your daily life reflective of those priorities?

The hope for today and tomorrow is that we have choices and can change. Use your time to meet your priorities.

Send Us Your News

The Public Affairs Office (PAO) is requesting from all Brigades, G-Staffs, and Special Staffs, current section information for the division newsletter. Information may include training exercises, new personnel, upcoming PT test schedule, family support functions, or any other information you want the division to know about.

This information may be submitted on a 3X5 disk in MSWord format, along with a printed copy or by email to the Public Affairs Officer at majboyd@freewwwweb.com. Snail mail address: 1850 Old Spanish Trail, Public Affairs Office, Houston, TX 77054. The PAO may be reached by telephone at 713-799-7909.



Surgeon's Scalpel

Do You Get Enough ZZZZ's?

Sleep disorders may be one of the most unrecognized and untreated health problems in this country. Health officials estimate that 40 million Americans suffer chronic sleep disorders. Another 20 to 30 million have intermittent sleep problems. There are still additional individuals who voluntarily lose sleep because of long work hours, night shifts, and generally hectic lives. Sleep problems may cause only occasional sleepiness or more serious health problems imperiling both physical and emotional well being. As many as 10,000 fatal traffic accidents a year are caused by drowsy drivers.

Here are some basic tips for improving your sleep. Give them a try and live a healthier life.

- > Relax at least an hour before going to bed. Read, listen to music, or take a warm bath before going to bed.
- > Make sure your bedroom is quiet and peaceful and has a relaxing environment. Pay attention to lighting, temperature, and even smells.
- > Don't drink coffee or other drinks that contain caffeine within 6 hours of going to bed.
- > Don't drink alcohol before bedtime. Alcohol disturbs the brain activity that allows for a complete restful sleep.
- > Avoid heavy meals in the evenings.
- > Avoid cigarettes and other tobacco products before bed since nicotine is a stimulant.

Remember that a good night's sleep is an essential part of a healthy lifestyle, just like diet or regular exercise. A good night's sleep will leave you feeling refreshed and alert for the next day. If you suffer from chronic or severe insomnia, consult your doctor or a sleep clinic.

5th Annual Golf Tournament Benefits Operation Uplift

The 5th Annual Golf Tournament for the 75th Division was held at Clear Creek Golf Course on Friday, March 26, 1999. The weather was outstanding and the fellowship equally great.

The winning team was 14 under par, which set a tournament record. The previous record was 11 under par.

The winning team members were Roger Carlisle, John Myer, and Jim Richter.

The second place team was 11 under par and included Perry Dalby, Ron Garrison, Cheryl Clement, and Phil Kraus.

The third place team was 10 under par, it included Claude Roberts, Jr., Ron Robertson, Dan Kazine, and Ron McCormick. The fourth place team was 7 under par and included Ron Duncan, Tony Wheeler, Jim Bowser, and Mike Machemehl.

Many thanks to all the participants and sponsors of the event. Operation Uplift received more than \$500,000 from the golf tournament.



Left to right: LTC (Ret) Larry Lunger, COL Pamela Parker, LTC Bill Tonsing and COL Davide Van Kleeck

AGR Soldiers Needed for Tours

The USAR Active Guard Reserve (AGR) program has a continuing need for quality soldiers. Over 1000 soldiers entered the program in Fiscal Year 1998. The projected need for Fiscal year 1999 is over 2000.

The following positions are considered most critical at this time or projected to be in the near future:

Enlisted Positions:

Sergeant - 38A, 62B, 63B, 63S, 73D, 75B, 75H, 77F, 79R, 88M, 88N, 92Y, 96B.

Staff Sergeant - 46Q, 51H, 54B, 62B, 63B, 63H, 71L, 73D, 74B, 75H, 77F, 79R, 79S, 88M, 88N, 91B, 92A, 92Y, 95B, 97B.

Sergeant First Class - 31W, 46Q, 51H, 54B, 62B, 63B, 63H, 75H, 77F, 79R, 79S, 88M, 88N, 91B, 92A, 92Y, 95B, 96B, 97B.

Officer Positions:

Commissioned Officers- (15, 21, 25, 38, 45, 46, 49, 53, 55, 66, 70, 74, 88, 90) 1LT through CPT.

Warrant Officers-(311A, 920A, 880A, 881A, 350B, 155E) WO1 - CW4.

To request an AGR Application packet or to learn more about the program, call one of the following numbers and follow the voice menu instructions: Toll free 1-800-325-4118 or Commercial: 314-592-1234.



The Fair Debt Collection Act (FDCPA)

The FDCPA protects consumers by proscribing a number of abusive and deceptive practices by debt collectors. For instance, the FDCPA prohibits debt collectors from using any false or misleading representations during debt collection. One of these false or deceptive practices in the FDCPA's nonexclusive list is communicating or threatening to communicate to any person credit information which is known or which should be known to be false, including the failure to communicate that a debt is disputed.



Soldier's Code

I am an American soldier - a protector of the greatest Nation on earth - sworn to uphold the Constitution of the United States.

I will treat others with dignity and respect and expect other to do the same.

I will honor my Country, the Army, my unit and my fellow soldiers by living the Army values.

No matter what the situation I am in, I will never do anything for pleasure, profit, or personal safety which will disgrace my uniform, my unit or my Country.

Lastly, I am proud of my Country and its flag. I want to look back and say that I am proud to have served my Country as a soldier.

5th Brigade Commander Thanks Employer For Support

On 19 February, Col Ron Hairston, commander of the 5th Field Exercise Brigade, thanked his employer, Dresser Equipment Group, for their twenty-year support of his Reserve duties. A dinner was held at the Woodlands Country Club, where Col Hairston and MG Darrel McDaniel, Commanding General of the 75th Division (Exercise), presented a flag flown over the U.S. Capitol to Dean Pope, president of the DMD Division of the Dresser Equipment Group, and Mike R. Carlson, DMD division vice-president.

After dinner, MG McDaniel spoke about how the growing number of deployments of reservists in the past decade has highlighted the importance of America's citizen-soldiers in today's national military strategy. For this reason, he added, encouraging employer support of reservists through the Employer Support of the Guard and Reserve (ESGR) program is essential.



Left to right: Col Ron Hairston, Mike Carlson, MG Darrel McDaniel and Dean Pope.

Although not every reservist may be able to say thanks to his or her employer as formally as Col Hairston, soldiers can express their appreciation by requesting both a "My Boss is a Patriot" certificate from the ESGR central office and a personal thank you letter from MG McDaniel. Requests for these two items should go through unit administrators or commanders.

75th Soldier Rides For Charity

By 1LT Mark T. Williford

When Sgt Toliver Hill of the 3rd Battalion, 289th Regiment, 2D BDE, volunteered to ride 150 miles for the Multiple Sclerosis Bike-a-Thon in April, not only was he surprised to personally raise \$600, but he was pleased to represent the 75th Division.

"It was my sixth year to participate and I always represent the 75th Division in the event," said Hill, a Combat Service Support Observer Controller for the 3/289th, 2D Brigade located in Beaumont, TX.

The annual event, which begins in Houston and ends 150 miles away in Austin, allowed Hill to wear his 75th Division patch while competing in the event with over 7,500 cyclists from around the state and nation.

"The first day we rode 100 miles and the second day required a final 70 mile stretch into Austin," said Hill.

Hill, who usually scores 280 or higher on his Army Physical Fitness Test, usually can be seen after drill cycling away from the unit.

"I enjoy the physical challenge of the event, but I really enjoy knowing that the money I raise is helping to fight Multiple Sclerosis or MS," said Hill, "Causes like this allow the public to see that reservists are physically fit and are concerned about this debilitating disease."

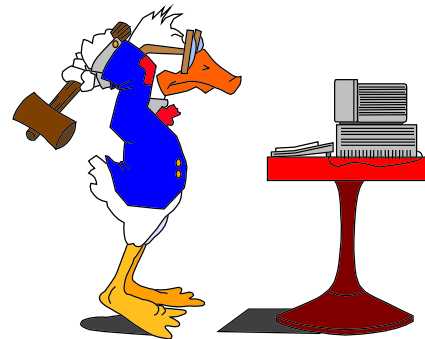
Computer Tips From IM

By Major Brian Wolfe

Are you traveling somewhere that you are not familiar with? Want to know how to get from one location to another by the best and quickest route available? For maps and driving instructions, four very good sites are: www.mapquest.com, www.freetrip.com, www.lucent.com and www.maps.yahoo.com.

If you are traveling to a destination outside of the United States and would like to check the State Department travel advisories go to http://travel.state.gov/travel_warnings.html.

If your worries are focused on financial issues or you feel you need a little assistance go to <http://dticaw.dtic.mil/mapsite/OUTPUT/money.html>. Are you thinking about catching up to everyone else and purchasing a PCS phone? Great idea, however, be advised that coverage is often restricted to metropolitan areas, and roaming areas often times are limited. Before you



purchase make sure that you can use the phone at home and wherever you travel, or else choose a dual mode phone that can also operate on analog networks for maximum coverage.

What is the Millennium or Y2K Bug?

The Millennium or Y2K Bug refers to the possibility of a high-tech shutdown on New Year's Day 2000. The Y2K problem actually started over 30 years ago at the beginning of the computer age. A simple cost cutting measure by programmers to save storage space, mainframe programmers shortened entries for the year to only two digits. Computers were simply told that all years begin with "19".

This simple and harmless act, at the time, to save space now has come back to haunt the computer world.

Because on 1 Jan 00, some computers and other related systems will not distinguish the difference between the year 2000 and 1900. Systems that use computer software or microchips that are not "Year 2000" compatible may malfunction. While Information Technology systems receive most of the publicity relative to the impact of Year 2000. Many Non-Information Technology Systems are impacted such as control devices and components on elevators, HVAC systems, alarms, and security systems. Without programming

changes, this could lead to malfunctions and shutdowns on both IT and Non-IT systems, causing the loss and/or interruptions of valuable data and services.

The Army Reserve has worked diligently over the last year to combat the possibility of any significant Y2K problems on our systems. Although work remains, we are confident that we will be ready for the 1 Jan 00. For more information on the Army Reserve efforts to battle the Y2K bug, go to [http://usarcintra/\(USARC Y2K Information\)](http://usarcintra/(USARC Y2K Information)). [Mr. Herring/(404) 464-8791 or herringk@usarc-emh2.army.mil].

AAFES Uniform Catalog Offered On-line

WASHINGTON (Army News Service, Jan. 5, 1999)-Always free to U.S. service members, the new military clothing catalogs from the Army and Air Force Exchange Service are now available worldwide instantly via the Internet at www.aafes.com.

The Internet catalog version is designed to provide shopping convenience to active duty and reserve service members who live miles from military clothing stores.

Just as in the store, soldiers or airmen purchase clothing record items at the same price AAFES pays the supplier. Additionally, both the Air Force and Army military clothing catalogs have a variety of optional uniform items and accessories from which to choose.

Though identical in product selection, the electronic catalogs do not replace the paper versions, still available in clothing sales stores and stateside through request by calling 1-888-768-3204.

Featured in each service's catalog are the latest dress, service, physical training and battle dress uniforms, as well as boots, shoes, shirts and insignia.

Additional merchandise available to authorized customers includes luggage, shaving kits, watches, commemorative clocks and award cases, pilot sunglasses, knives utility tools, and binoculars.

Listed catalog prices include delivery by parcel post. No handling fees are charged. Delivery via priority mail can be requested at additional expense.

On-line purchases require a major credit card or Deferred Payment Plan account. Catalog orders processed by phone or mail can be paid for by check.

3/381ST Hosts Battalion Dining-Out

By 1LT Wendy Williams, 206th BPAD

Dallas - A Dining-Out, hosted by the 3/381st Regiment, 3rd Brigade, was held Feb. 6, 1999 at Veterans of Foreign Wars post 9168, Lewisville, TX.

Key players in the evening's event were Lt. Col Jose Vallejo, as President of the Mess, and 1st Lt Samuel Jones, as Mr. Vice.

Guest seated at the head table with the President of the Mess were the President's wife, Hilda Vallejo, Col Bruce Olson, 3rd Brigade commander, 3rd Battalion CSM Tom Pidcock and his wife Janice, CSM Jack Proffit, 3rd Brigade, 1st Lt Bob Lord and his wife Joy and Johnnie Bulen, VFW Post 9168 Commander.

Jones' quick-witted responses to Points of Order kept the evening rolling along and the members of the mess entertained.

Mr. Vice levied a total of \$23 in fines. Eleven dollars in fines were paid by



Major George Soriano, Dining-Out Coordinator. All proceeds went to the unit's Family Support Program.

Public Affairs Guidance

It is the policy of the Department of Defense to make available timely and accurate information to the news media. Therefore, it is imperative that commanders at all levels adhere to DoD's policy of "maximum disclosure with minimum delay".

When interviewed by the media, commanders and soldiers must remember the following during deployments or at home station:

1. When deployed, arrange interviews away from recognizable landmarks and/or sensitive equipment.
2. Do not violate OPSEC.
3. Do not answer speculative questions or give opinions on real or hypothetical situations.
4. Do not refuse to speak about an incident solely because it is embarrassing or upsetting.
5. Do not make "off the record" comments. Consider everything you say to a reporter, or in their presence to be "on the record".
6. Do not get angry. If you do, you come off looking bad and so does the Army.
7. Do not use the expression "No comment." Say instead, "We do not comment on future operations, that information is classified, or I'm not qualified to talk about that." Refer all queries to the appropriate level of the chain of command or the Public Affairs Officer.
8. Do not lie to the news media.
9. Speak only of those things that you have direct information about.
10. Always state facts. Do not try to guess.
11. Always make a positive point.
12. Notify the 87th Division (EX) PAO of any media contacts.

A positive relationship with the media is a great means of telling the story of the great accomplishments of your soldiers.

The Bulletin is an authorized unofficial publication of the 75th Division (Exercise) that is published quarterly by the 75th Division (Exercise) under provisions of AR 360-81. Stories, letters to the editor, photographs with complete captions are invited and may be sent to the editor at the 75th Division, 1850 Old Spanish Trail, Houston, TX 77054. Phone: 713-799-7909. Email: majboyd@freewwwweb.com.

The editor reserves the right to edit or reject submissions. The views and opinions expressed in this publication are not necessarily those of the Dept. of the Army.

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Soldier Training: Consideration of Others

CO2, no not carbon dioxide- Consideration of Others. On March 6, 1999, the advisory council for the Consideration of Others was formed under the guidance of Chaplain Ronald Duncan. This is a program created and written by Lt Gen. Foley, Commanding General of 5th Army, San Antonio, TX.

The 75th Division exercise is implementing this program, which began with the training of 14 facilitators to lead small group discussions. More facilitators will have to trained in order to carry out this program.

All Reserve component soldiers will receive 2 hours of Consideration of Others training per year and all active component, AGR, and civilians will receive 8 hours per year.

In these sessions, soldiers will have the opportunity to voice their opinions and discuss and form solutions to problems and issues concerning them.

MG Darrel McDaniel would like all 75th Division (Exercise) soldiers to attend a Consideration of Others session before October 1999. Expect to hear more about this in your sections.

U.S. Senator Strom Thurmond Honored

By Maj Larry Boyd

U.S. Senator Strom Thurmond was honored with a ceremony at For Meyer, VA and a scholarship in his name to commemorate the 75th anniversary of his commissioning.

Thurmond received his Army commission from Clemson College (now Clemson University) in 1924. He fought with the 82nd Airborne Division in World War II and eventually rose to the rank of Major General in the Army Reserve before retiring in 1960.

Although he was exempt from military service because he was a Circuit Judge in South Carolina at the time, Thurmond volunteered for service the day the United States declared war against Germany in WWII. His duties included, executive officer, assistant provost marshal, assistant G-5 and assistant G-2.

In 1943, Thurmond was attached to the 82nd Airborne Division and trained for glider infantry training, after the First U.S. Army deployed to England for the invasion of France. He participated in Mission ELMIRA, a glider operation conducted in Normandy on D-Day, June 6, 1944. His team reinforced the parachute troops that landed earlier that day. He was 43 when he landed at Normandy with the 82nd.

Thurmond was awarded five battle stars and earned 18 decorations, medals and awards for military service, including the Bronze Star for Valor and the Purple Heart.



CSM Philip Kraus Retires

You are cordially invited to the retirement dinner for CSM Philip Kraus. The event will be held at the Radisson Hotel Astrodome, 8686 Kirby Drive, Houston, TX 77054 on August 7, 1999 beginning at 1830 hours. The attire is business dress and the cost is \$25 per person.

A block of rooms have been set aside for this event if you care to stay overnight. Call 1-800-627-6461 and reference the Kraus Conference. The room rate is \$72 per night. The block of rooms will be held until July 15, 1999. Check in time is 3:00 pm and check out time is 12:00 noon.

The official Retirement Ceremony will be held at the HQ 75th Division (Exercise) at 1300 hours, Sunday, August 8, 1999.

Point of contact is SGT Janice Cummings at the 75th Division, phone: 1-800-390-1530 ext. 7501 or 713-799-7501. Please RSVP by July 30, 1999.

WWII Veterans Are Coming

September 10 will be a busy day at the Houston Reserve Center. Over 600 WWII 75th Division veterans and their wives will come to Houston for their Annual Reunion. The Reunion is from September 8th through the 12th. Every year the 75th World War II veterans gather to share fun, fellowship, and memories of their war experiences.

During World War II, the 75th Division was first known as the "Diaper Division" because the average age of the soldiers was 19 years old. After playing a major part in the Battle of the Bulge the Division became known as the "Bulge Busters". Former Senator Robert Dole, a former member of the 75th Division in WWII, has been asked to attend the September Reunion.

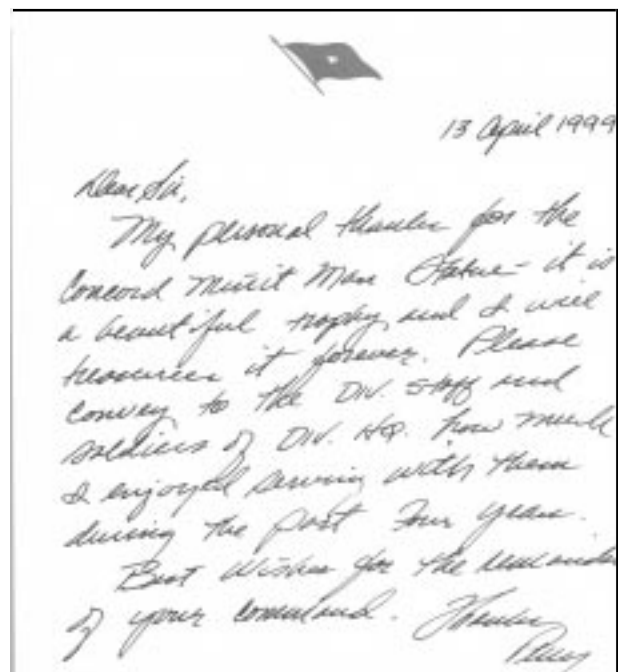
Several activities are planned for the reunion including visits to Galveston, the monument at San Jancinto, the Battle Ship Texas, a side trip to the Alamo, as well as the waterfront tour and the NASA Space Center. On September 10, the veterans will visit the Houston Reserve Center's 75th Museum and attend a Bar-B-Q in their honor.



WWII veterans of the 75th Division



Dear Sir,
 My personal thanks for the Concord Minute Man statue- it is a beautiful trophy and I will treasure it forever. Please convey to the Div. staff and soldiers of Div HQ. how much I enjoyed serving with them during the past four years. Best wishes for the remainder of your command.
 Thanks,
 Perry Dalby



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Farewell BG Perry Dalby and Family

